

Session Conducted: Sat 17 January, 2015

Location: Captain Burke Park, Kangaroo Point

Session Details:

Complete the session twice with no rest between exercises or sets except for a quick water break.

Exercise	Notes
Warm-Up	3km run, followed by dynamic stretching
400m run	at 5km pace (e.g. you should not be able to hold a conversation) OR a fast walk
12 bicep curls	Stand on one leg, complete 6 alternate bicep curls and swap legs (with weights*)
30 abdo crunches	Stomach crunches as high as you can safely go
15 burpees	Going right down to a push up on your knees or feet
15 push-ups	On knees or feet
30 squats	with weights* ensuring proper form
400m run	at 5km pace (e.g. you should not be able to hold a conversation) OR a fast walk
12 squat & shoulder press	Holding weights* on shoulders, a fluid movement from squat to shoulder press
10 elevated push ups	If you did knees, do feet, if you did feet put your feet on a step or bench to make it harder
30 alternating supermans	Ensure neck is in a straight line with your back the whole time
15 Tricep dips	Using a bench/seat/step
15 alternating lunges	Using weights*
400m run	at 5km pace (e.g. you should not be able to hold a conversation) OR a fast walk
Warm down	3km easy run & static stretching

* **WEIGHTS:** You will want 40% of your max single rep bicep curl. To do this do a standing bicep curl using a weight heavy enough to only perform 1 rep. You will want 40% of this weight. E.g.: I lift 30kg so I will be using a set of 12kg weights. If you are still unsure, use what you use for biceps in a pump classes. 2 dumbbells of the same weight are required.

Recommendations:

1. Attend the scheduled Running Strength and Conditioning sessions on Saturdays as per the [BRS home page](#) to ensure you understand the program and your technique has been checked and corrected where appropriate.
2. **Complete this session twice a week or 3 times a fortnight from 17th Jan to 14th Feb, 2015 to get the most out of it.**
3. On 14th February, please attend to go through the next program
4. *Got a gym membership?* Use the weight room at the gym and jump on the rower, cross-trainer, bike, or running machine for your running efforts

Session adapted from: Anderson, O. (2013). *Running Science*.

BRISBANE RUN SQUAD

Running Strength & Conditioning Session 1

Approximately
45mins cardio
weights & 8km
running

Running specific
strength workout

Improve your
strength, fitness
and form!

Questions?
Concerns?
Contact us:

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